TUNTURI®

From the **Heart**

T50

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O W N E R ' S M A N U A L

ENGLISH

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WELCOME TO THE WORLD OF TUNTURI EXERCISING!

Your choice shows that you really want to invest in your well being and condition; it also shows you really value high quality and style. With Tunturi Fitness Equipment, you've chosen a high quality, safe and motivating product as your training partner. Whatever your goal in training, we are certain this is the training equipment to get you there. You'll find information about using your exercise equipment and what makes for efficient training at Tunturi's website at WWW.TUNTURI.COM.

IMPORTANT SAFETY INSTRUCTIONS

This Owner's Manual is an essential part of your training equipment: reading all instructions in this manual before you start using this appliance. The following precautions must always be followed:

WARNING

• Never use extension cords between the treadmill and your wall outlet. The device's maximum power consumption is 10 A. Outlets with fluctuating voltage of more than 10 % may result in erratic performance or cause damage to treadmill electronics. Using electrical power other than that, which has been specified in this manual will ultimately void any warranty, implied or otherwise.

WARNING : to reduce any risk to persons:

• Keep hands clear of any moving parts. Never place hands, feet or any other objects into any opening or under the treadmill.

• Never leave the treadmill unattended when plugged in. Unplug from outlet when not in use, before putting on or taking off parts. To disconnect, turn all controls to the off position, then remove plug from outlet.

• Close supervision is necessary when the treadmill used by, on, or near children, invalids, or disabled persons.

• Use the treadmill only for its intended use as described in this manual. Do not use attachments not recommended by Tunturi.

• Before you start using the treadmill, make sure that it functions correctly in every way. Do not use a faulty device.

• Keep the cord away from heated surfaces.

• T50 must not be used outdoors. T50 tolerates an environment measuring +10°C to +35°C. Air humidity must never exceed 90 %.

• Do not attempt any servicing or adjustment other than those described in this manual. The given instructions must be followed carefully.

• Never operate this treadmill if it has a damaged cord or plug, if it has been dropped or damaged, or dropped into water. Return the treadmill to a service center for repair.

• Never operate the appliance with the air opening blocked. Keep the air openings free of lint, hair, and the like.

• Do not operate where aerosol (spray) products are being used or where oxygen is being administered.

• The device must not be used by persons weighing over 135 kg (298 lbs).

• Information on warranty terms can be found in the warranty booklet included with the product.

SAVE THESE INSTRUCTIONS!

ASSEMBLY

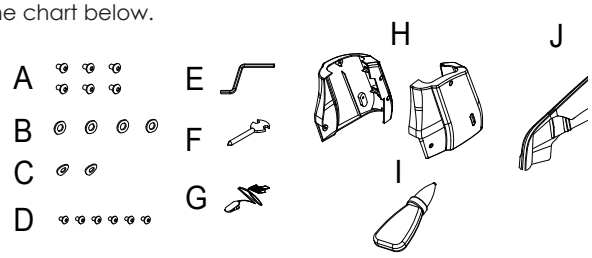
As for the assembly of the device, we recommend two grown-up persons. Do not take the treadmill out of the box: use the packing material to cover the floor on the assembly site.

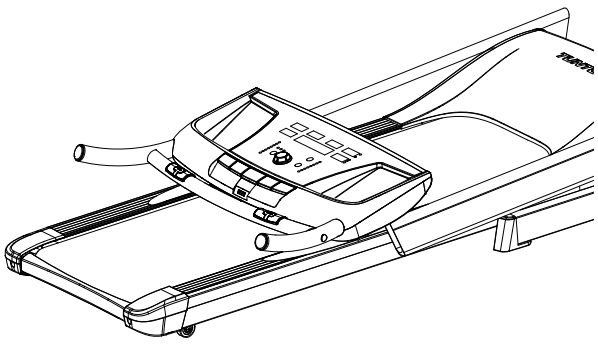
Before assembling the device, insure all parts are present:

1. Frame
2. Power cord
3. Assembly kit (contents are marked with an * in the spare part list): keep the assembly tools, as you may need them e.g. for adjusting the equipment.

In case of problems contact your Tunturi dealer.
The directions left, right, front and back are defined as seen from the exercising position. To avoid injury, you must fold up the deck prior to lifting the treadmill out of the box.

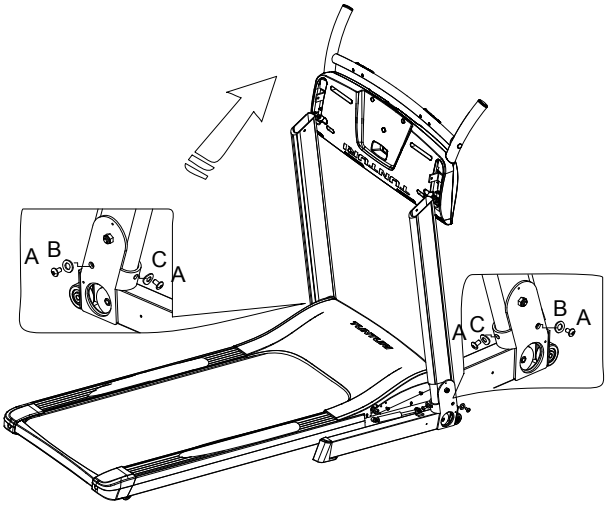
Locate the hardware bag and parts that are listed in the chart below.



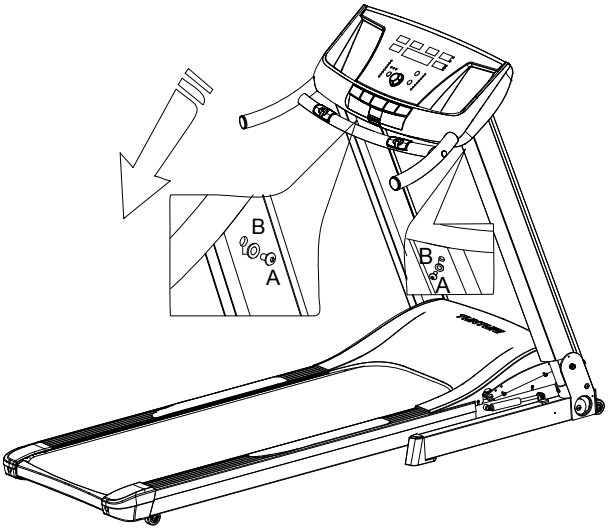


Part#	Description	Q
A	Screw M8*20L	6
B	Washer 8*18	4
C	Washer 10*25	2
D	Screw M4*6L	6

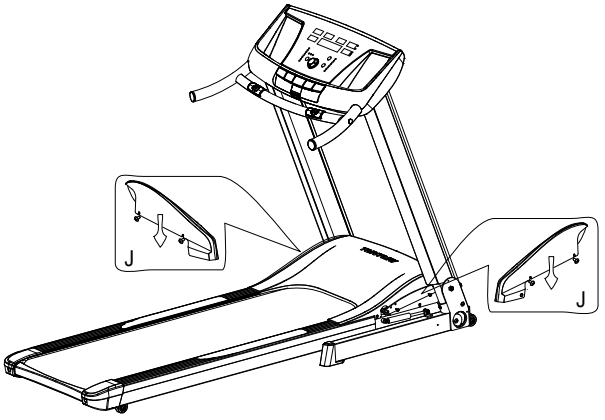
Lift up the upright, then place the screws (A) and washers (B, C) inside holes at the bottom of the upright. Use the screwdriver (F) to tighten them well.

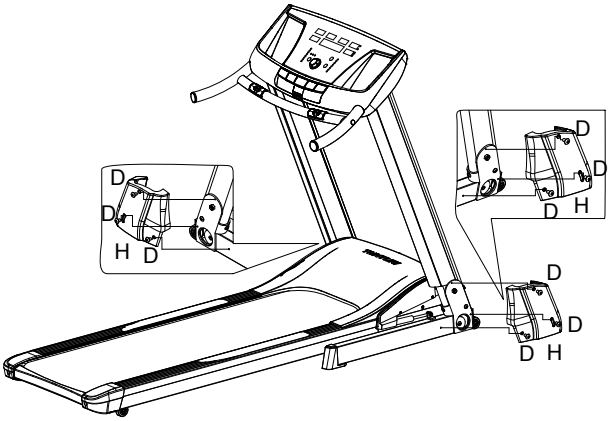


Put the console to the correct position. Use the allen key (E) to tighten the screws (A) and washers (B) inside holes at the top of the upright.



Attach side cap (H) with the screws (D) at the bottom of the upright, and tighten them well.





POWER CORD AND GROUNDING INSTRUCTIONS

Plug the socket end of the power cord into the treadmill at the left front corner. Before connecting the device to a power source, make sure that local voltage matches that indicated on the type plate. The treadmill operates at 110 V or 230 V.

This treadmill must be grounded. If it should malfunction or breakdown, grounding provides a path of least resistance for electrical current to reduce the risk of electrical shock. This product is equipped with a cord having an equipmentgrounded conductor and a grounding plug.
The plug must be plugged into an appropriate outlet that is properly installed and grounded in accordance with all local codes and ordinances. Do not use extension cables when connecting the equipment to the power source.

DANGER! Improper connection of the equipmentgrounding conductor can result in a risk of electric shock. Check with a qualified electrician or serviceman, if you are in doubt as to whether the product is properly grounded. Do not modify the plug provided with the product - if it will not fit the outlet, have a proper outlet installed by a qualified electrician.

SAFETY TETHER KEY

The treadmill cannot be used if the tether key is not properly installed on the console; if the key is removed from its place, the treadmill will immediately stop. Place the safety tether key in its place on the console. Ensure that the clip of the safety tether key is properly attached to your clothing; as the cord tightens, make sure the clip does not detach itself from your clothing before the safety tether key disconnects from the console.

HEART RATE

No matter what your goal, you'll get the best results by training at the right level of effort, and the best measure is your own heart rate. First find your maximum heart rate i.e. where the rate doesn't increase with added effort. If you don't know your maximum heart rate, please use the following formula as a guide:

220 - AGE

The maximum varies from person to person. The maximum heart rate diminishes on average by one point per year. If you belong to one of the risk groups mentioned earlier, ask a doctor to measure your maximum heart rate for you. We have defined three different heart-rate zones to help you with targeted training.

BEGINNER: 50-60 % of maximum heart rate
Also suitable for weight-watchers, convalescents and those who haven't exercised for a long time. Three sessions a week of at least a half-hour each is recommended. Regular exercise considerably improves beginners' respiratory and circulatory performance and you will quickly feel your improvement.

TRAINER: 60-70 % of maximum heart rate
Perfect for improving and maintaining fitness. Even reasonable effort develops the heart and lungs effectively, training for a minimum of 30 minutes at least three times a week. To improve your condition still further, increase either frequency or effort, but not both at the same time!

ACTIVE TRAINER: 70-80 % of maximum heart rate
Exercise at this level suits only the fittest and presupposes long-endurance workouts.

CONSOLE

FUNCTION KEYS

START / STOP
Starts the selected training and activates the running belt. Pressing while the belt is moving stops the treadmill and moves into waiting state for 5 minutes. You can restart the interrupted exercise by pressing the [START / STOP] key within 5 minutes. Hold this button pressed to end your exercise. Keep the key pressed down for 2 seconds to reset the console. The console then switches to the power on state.

SPEED CONTROL KEYS (Rabbit / Turtle)
Rabbit key increases the belt speed in 0,1 km/h / mph increments, the turtle key decreases it in 0,1 km/h / mph increments. Pressing these keys longer makes the speed change faster. Track speed ranges from 0,8 - 20 km/h.

ELEVATION CONTROL KEYS
Click the elevation up key to increase elevation in 0,5 % increments, and the elevation down key to decrease it in 0,5 % increments. Pressing these keys longer makes the speed change faster. Track elevation ranges from 0 % (horizontal) to 12 %.

SELECTION DIAL
The selection dial functions in two ways:
a) Rotating the dial. By rotating the dial clockwise, you can increase setting values and scroll the programs in an order of the programs. By rotating the dial anticlockwise, you can decrease setting values and scroll the programs in an order of the programs. During preset profiles and [HRC] you can adjust the intensity by rotating the dial.
b) Pressing the dial is [ENTER]. By pressing the dial, you can accept the selection you made when rotating the dial. During training, you can change the display.

MEMORY
You can use the MEM key to save your completed exercise in the console's memory. To save your data, you need to choose a user code. A total of 5 workouts can be saved under each user code.

PSC
Position Speed Control (PSC) allows you to adjust the track speed without touching the console by changing your position on the track during exercise. The PSC function requires the use of a heart rate monitor. PSC can be used in manual exercises, HRC exercises with elevation adjustment, the Rolling Hills profile, as well as both fitness tests.
SET
Press the SET key to choose a user code, enter user details, select display values, and to display the total training distance in kilometres and the total training time in hours. During training you

DISPLAYS
HEART RATE
45-220 bpm. The heart rate light always blinks when the console is receiving a heart rate signal.
KCAL (estimated energy consumption)
0-9999 kcal, 1 kcal increment
ELEVATION
0-12 %, 0,5 % increment
TIME
Exercise duration at 1 second intervals 00:00-99:59, and at 1 minute intervals thereafter h1:40-h9:59
DISTANCE
0.00-99.99 km, 0,01 km increment
SPEED
running deck speed (0,8 - 20 km/h), 0,1 km / mph increment. A signal light indicates the selected measurement unit (km/h, mph, pace = minutes/ kilometer / mile).
GRAPHIC / TEXT DISPLAY
T50 features a combined text and profile display that provides instructions when you switch to an exercise and during the exercise itself.

ENTERING USER DETAILS
We recommend that you choose a user code and save your personal details: these details are needed e.g. for a more accurate estimation of your energy consumption. At the same time, you can set the units to be displayed and check the total training values. Choosing a user code will also allow you to save your exercise data.

1. Press SET. Use the SELECTION DIAL to select a user code (1-4). Press SELECTION DIAL to confirm your selection. NOTE! The NO USER option displays device settings, showing e.g. the total training time and distance.
2. Set the measurement units (Metric = metric system, Imperial = avoirdupois). Use the SELECTION DIAL to change the setting, and press SELECTION DIAL to confirm your selection. You will then move to the next setting.
3. Set the user weight. Use the SELECTION DIAL to change the setting, and press SELECTION DIAL to confirm your selection. This information is needed for the fitness test results. You will then move to the next setting.
4. Set gender (male, female). Use the SELECTION DIAL to change the setting, and press SELECTION DIAL to confirm your selection. This information is needed for the fitness test results. You will then move to the next setting.
5. Set the age of the user. Use the SELECTION DIAL to change the setting, and press SELECTION DIAL to confirm your selection. This information is needed for the fitness test results. You will then move to the next setting.
6. Set the audio signal (ON = signals on, OFF = signals off). Use SELECTION DIAL to change the setting, and press SELECTION DIAL to confirm your selection. You will then move to the next setting. NOTE! In profile workouts, the console gives an audio signal in advance of any changes in profile.
7. Set the units to be displayed (km/h, min/km, mph, min/mile). Use the SELECTION DIAL to change the setting, and press SELECTION DIAL to confirm your selection. You will then move to the next setting. NOTE! You can set the units during exercise: press SET once and use SELECTION DIAL to change the setting, and press SELECTION DIAL to confirm your selection.
8. Set the maximum speed for PSC and HRC workouts with the SELECTION DIAL: since PSC and HRC adjust the speed level according to your heart rate, a maximum speed limit is needed to keep the speed at a suitable level. The default is 8 km/h. Use the SELECTION DIAL to change the setting, and press SELECTION DIAL to confirm your selection. You will then move to the next setting.
9. The TOTAL TIME display shows a user specific total training time on the treadmill. Press SELECTION DIAL to move to the next display.
10. The TOTAL DIST display shows a user specific total training distance on the treadmill. Press SELECTION DIAL to exit the user settings.

Once you have set the user details, you can start exercising by selecting your own user code. The selected user code will remain in the console's memory until it is replaced with a new one, the safety key is removed from its place, or the power cord is unplugged.

POSITION SPEED CONTROL (PSC)

Position Speed Control (PSC) allows you to adjust running track speed by changing your position on the track. Move to the front of the track and it accelerates, and as you move back the track itself slows down. When you are walking or running in the middle section of the track the speed stays steady.

NOTE! You must wear a heart rate belt when you use PSC! A blinking square in the Heart Rate display indicates that heart rate measurement is in operation.

NOTE! Attach the holder of the safety key carefully to your shirt whenever you are using PSC. Adjust the length of the safety key wire so that it will be detached from the console, if you move too far back.

NOTE! If you are exercising with PSC, there must not be another heart rate transmitter near the treadmill (minimum distance 2 m); the simultaneous signals of two transmitters endanger user safety by interfering with the PSC.

PSC SETTINGS
PSC settings should be done with the treadmill at a complete stop.

1. Start the use of PSC by setting the speed zone limits. Press the PSC key.
2. Depending on the previous settings, either PSC ON or PSC OFF will be displayed. Use the SELECTION DIAL to change the setting to PSC ON and press SELECTION DIAL . The program window will display [ENTER MAXIMUM SPEED]. Use the [SELECTION DIAL] to input and confirm the desired value.
3. PRESS ENTER TO CALIBRATE PSC OR START TO EXIT will be displayed. Position yourself in the middle of the track. The

acceleration zone begins approximately 10 cm ahead of the measurement point, while the deceleration zone begins approximately 20 cm behind the measurement point. Press SELECTION DIAL and the text PLEASE WAIT 8 will be displayed. The console will now measure your distance on the basis of the heart rate signal. Measurement takes 8 seconds, and after that CALIBRATION READY PRESS START is displayed.
4. If the console cannot receive the heart rate signal or there are problems in measuring the distance, the console will return to the CALIBRATE display. In case of such an error, the text CHECK TRANSMITTER is displayed. You should then make sure that you have properly followed the instructions on the use of the heart rate belt.

If the speed zone limits are suitable for you, the next time you start exercising you can start PSC just by selecting PSC ON and pressing SELECTION DIAL and START, and then select the desired training mode. If you want to change the speed zone limits, repeat steps 1-4 and move to a more suitable position on the track before the measurement.

TRAINING WITH PSC

1. Select Manual exercise, Rolling Hills profile, a condition test or the standard heart rate exercise with automatic elevation adjustment. In these exercises you can adjust the track speed with PSC. The PSC signal light indicates that the feature is in operation. The device is equipped with three PSC signal lights that show in which speed zone you are currently running ("+" means that the speed is increasing, "0" means that the speed is constant, and "-" means that the speed in decreasing).
2. Start the selected exercise by pressing the START key, and adjust track speed by moving forward or back on the track. Please note that the speed adjustment keys (Turtle/Rabbit) are also in operation during a PSC exercise.
NOTE! If you have not tried the PSC feature before, we recommend you start at slow speed.

CHOOSING AN EXERCISE

1. Manual exercise in which you adjust both speed and elevation yourself during the exercise.
2. Heart rate controlled HRC exercise in which the treadmill adjusts the speed / elevation automatically, so that your heart rate stays at the level set. You always need to wear a heart rate belt while doing HRC exercises.
3. Fitness tests feature with two test options: a 2-kilometre walking test and a 12-minute Cooper run test.
4. Preset exercise profile in which speed/elevation or heart rate level vary according to the preset program.

MANUAL EXERCISE

QUICK STARTTART

1. Manual exercise is the treadmill default setting. You can start the exercise directly by pressing the START key. The belt starts moving at 1,5 km/h / 1,0 mph.
You can also set the desired starting speed by using SELECTION DIAL right after you have first confirmed the selection of MANUAL training by SELECTION DIAL. Start training by pressing the START key.

STARTINGTARTING WITH THE USER DETAILSDETAILS SETUP

2. If you want to use user details or save your workout, set your user details or select your user code (1-4). Press START to confirm your selection.
3. Select Manual.
4. Press START. The belt starts moving at 1,5 km/h / 1,0 mph. Use the Rabbit/Turtle keys or the PSC function to adjust the speed and the elevation control keys to adjust the elevation.
5. Press STOP and the treadmill stops and moves into waiting state for 5 minutes. You can restart the interrupted exercise by pressing the START key within 5 minutes. You can use the waiting state to save your workout in the console's memory (see "Memory Function"), to display the training summary by pressing the [SELECTION DIAL] or to stop the exercise by pushing the STOP button (long push).

HEART RATE CONTROLLED EXERCISE

Heart rate controlled exercises enable training at a selected heart rate level. Heart rate controlled exercises always require the use of a heart rate belt. If heart rate measurement is not working correctly, the error message CHECK TRANSMITTER will be displayed. You should then make sure that you have properly followed the instructions on the use of the heart rate belt.

1. If you want to use user details or save your workout, set your user details or select your user code (1-4). Press START to confirm your selection.
2. Rotate SELECTION DIAL until the signal light shows the HRC text. Press SELECTION DIAL to confirm your selection.
3. Select the HRC mode with the SELECTION DIAL:
a) Speed = heart rate control is based on changing belt speed. If you wish, you can change the inclination angle of the belt during training.
b) Elevation = heart rate control is based on changing treadmill inclination. In this mode you have to adjust the speed by yourself using either PSC or the Turtle and Rabbit keys.
c) Combination = automatic equal adjustment of both the inclination angle and the speed of the belt.
4. Press SELECTION DIAL to confirm your selection.
5. Set the desired heart rate (80-180) with SELECTION DIAL.
6. Press START to start constant heart-rate exercise. You can adjust the heart rate level with SELECTION DIAL during the exercise.
7. The profile display collects the exercise details at one minute intervals. After 20 minutes, the display will shift to the left to show the speed details from the last 20 minutes. Pressing SELECTION DIAL during the exercise will display speed, elevation and heart rate profiles for the exercise.
8. Press STOP and the treadmill stops and moves into waiting state for 5 minutes. You can restart the interrupted exercise by pressing the START key within 5 minutes. You can use the waiting state to save your workout in the console's memory (see "Memory Function"), to display the training summary by pressing the [SELECTION DIAL] or to stop the exercise by pushing the STOP button (long push).

FITNESS TEST

The treadmill features two different fitness tests. The fast-paced 2 km walking test requires a lower level of effort, while the 12-minute Cooper run test is better suited to those who are fit. You can use PSC to adjust the speed during the tests.

1. Select your user code (1-4) with the SELECTION DIAL. Press START to confirm your selection.
2. Select TEST. Press SELECTION DIAL to confirm your selection.
3. Choose between the 2 km walking test and the Cooper test. Press SELECTION DIAL to confirm your selection.

2 KM WALKINGWALKING TEST

The walking test requires the use of a heart rate monitor. The test measures your fitness level on the basis of your heart rate level during the exercise and the time taken to complete the 2 km distance. The test is preceded by a 3-minute warm-up period. We also recommend you continue walking slowly after the test, so that your heart rate returns smoothly to normal. On the basis of your performance, the console will display an estimate of your maximum oxygen uptake capacity.

BEGINNING THE WALKINGWALKING TEST:

By rotating the dial clockwise, you can increase setting values. By pressing the dial, you can accept the selection you made when rotating the dial.
1. The display prompts for user height: enter your height.
2. The display prompts for the user's sex: enter your sex.
3. The display prompts for user weight: enter your weight.
4. The display prompts for the user's age.
5. The display reads PRESS START TO 3 MIN WARM UP to indicate you can begin the 3-minute warm-up period. Begin the warm-up period by pressing START.
6. The running deck elevation is adjusted at 1 % to simulate air resistance. Adjust speed using the speed control keys or the PSC function. We recommend that you warm up by walking at a slightly faster pace than normally.
7. During the warm-up period, time will count down from three minutes. When the time displays 0:00, the console gives an audio signal and the actual test will begin (TEST STARTED!).

PERFORMING THE WALKINGWALKING TEST:

1. The goal is to walk the 2 km distance as quickly as possible. Adjust the speed yourself by using the speed control keys or the PSC function. Do not run during the test!
2. If the heart rate measurement is not working correctly, the display will show the alert CHECK TRANSMITTER. You should then make sure that you have properly followed the instructions on the use of the heart rate belt.
3. Once the 2 km distance is covered, the console gives an audio signal. The test is automatically followed by a 5-minute cool-down period, after which the treadmill will stop. The display gives the test result as your maximum oxygen uptake capacity and shows an estimate of your fitness level. Compare your results to the fitness level categories for different age groups, shown in the table.

COOPER TEST

The Cooper test is used to calculate your fitness level on the basis of the distance you run in a period of 12 minutes: the longer the distance you cover, the better your fitness level. The test is preceded by a 3-minute warm-up period. We also recommend you continue walking slowly after the test, so that your heart rate returns smoothly to normal. On the basis of your performance, the console will display an estimate of your maximum oxygen uptake capacity.

BEGINNING THE COOPER TEST:

By rotating the dial clockwise, you can increase setting values. By pressing the dial, you can accept the selection you made when rotating the dial.

1. The display reads COOPER SELECTED. Press START to confirm your selection.
2. The display prompts for the user's sex: enter your sex.
3. The display prompts for the user's age: enter your age.
4. The display reads PRESS START TO 3 MIN WARM UP to indicate you can begin the 3-minute warm-up period. Begin the warm-up period by pressing START.
5. The running deck elevation is adjusted at 1 % to simulate air resistance. Adjust speed using the speed control keys or with the PSC. We recommend that you warm up by walking at a slightly faster pace than normally.
6. During the warm-up period, time will count down from three minutes. When the time displays 0:00, the console gives an audio signal and the actual test will begin (TEST STARTED!).

PERFORMING THE COOPER TEST:

MEN / MAXIMAL OXYGEN UPTAKE (VO2MAX) 1 = VERY POOR - 7 = EXCELLENT							
AGE	**1**	**2**	**3**	**4**	**5**	**6**	**7**
18-19	<33	33-38	39-44	45-51	52-57	58-63	>63
20-24	<32	32-37	38-43	44-50	51-56	57-62	>62
25-29	<31	31-35	36-42	43-48	49-53	54-59	>59
30-34	<29	29-34	35-40	41-45	46-51	52-56	>56
35-39	<28	28-32	33-38	39-43	44-48	49-54	>54
40-44	<26	26-31	32-35	36-41	42-46	47-51	>51
45-49	<25	25-29	30-34	35-39	40-43	44-48	>48
50-54	<24	24-27	28-32	33-36	37-41	42-46	>46
55-59	<22	22-26	27-30	31-34	35-39	40-43	>43

WOMEN / MAXIMAL OXYGEN UPTAKE (VO2MAX) 1 = VERY POOR - 7 = EXCELLENT							
AGE	**1**	**2**	**3**	**4**	**5**	**6**	**7**
18-19	<28	28-32	33-37	38-42	43-47	48-52	>52
20-24	<27	27-31	32-36	37-41	42-46	47-51	>51
25-29	<26	26-30	31-35	36-40	41-44	45-49	>49
30-34	<25	25-29	30-33	34-37	38-42	43-46	>46
35-39	<24	24-27	28-31	32-35	36-40	41-44	>44
40-44	<22	22-25	26-29	30-33	34-37	38-41	>41
45-49	<21	21-23	24-27	28-31	32-35	36-38	>38
50-54	<19	19-22	23-25	26-29	30-32	33-36	>36
55-59	<18	18-20	21-23	24-27	28-30	31-33	>33
60-65	<16	16-18	19-21	22-24	25-27	28-30	>30

1. The goal is to run as long a distance as possible in a period of 12 minutes. Adjust the speed yourself by using the speed control keys or the PSC function. The display shows the time elapsed and your estimated results throughout the test.

2. Once the 12 minutes are up, the console gives an audio signal. The test is automatically followed by a 5-minute cool-down period, after which the treadmill will stop. The display gives the test result as your maximum oxygen uptake capacity and shows an estimate of your fitness level. Compare your results to the fitness level categories for different age groups, shown in the table.

EXERCISE PROFILES

Tunturi has developed different preset exercise profiles in order to ensure versatile, pleasant and goal-oriented training. The console gives an audio signal in advance of changes in a profile. The profile display shows the shape of the profile and the details of the next profile bar. If you want to use user details or save your workout, set your user details or select your user code (1-4). Press START to confirm your selection.

A. Combination profiles 4-6 are exercise profiles with different intensity levels and preset speed and elevation. You can programme the speed to a desired level and set the duration of the exercise to be displayed either in time or distance. These profiles do not require the use a heart rate belt, but that provides interesting additional information about your performance.

1. Select Profile 4-6 by rotating the selection dial. Confirm your selection by pressing the SELECTION DIAL.
2. By using the [SELECTION DIAL], first select and confirm training against time or a training distance. Then, select and confirm the desired value. When training against time, you can select a target time between 10 minutes to 3 hours (in 5 minute steps). When training with a pre-set distance, you can select the training distance between 3 km and 42 km (in 1 km steps).
4. Press STOP and the treadmill stops and moves into waiting start for 5 minutes. You can restart the interrupted exercise by pressing the START key within 5 minutes or you can save your workout in the console's memory (see Memory Function). You can use the waiting state to save your workout in the console's memory (see "Memory Function"), to display the training summary by pressing the [SELECTION DIAL] or to stop the exercise by pushing the STOP button (long push).
5. The cool-down period will automatically start once you have completed the profile. After the cool-down the treadmill will stop. You can save your workout in the console's memory (see Memory Function).

B. Rolling Hills is an interval exercise in which you can determine track speed yourself and set the distance to be run or the duration of the exercise. Rolling Hills allows you to regulate your speed using the PSC function. Unless you use PSC, this profile does not require the use of a heart rate belt. However, a heart rate belt will provide you with interesting additional information about your performance.

1. Select Profile 7 by rotating the selection dial. Confirm your selection by pressing the SELECTION DIAL.
2. By using the [SELECTION DIAL], first select and confirm training against time or a training distance. Then, select and confirm the desired value. When training against time, you can select a target time between 10 minutes to 3 hours (in 5 minute steps). When training with a pre-set distance, you can select the training distance between 3 km and 42 km (in 1 km steps).
3. Press START. The exercise begins and the belt starts moving. Use the speed control keys or PSC to adjust the speed. Pressing SELECTION DIAL during the exercise will display elevation and heart rate profiles for the exercise.
4. You can scale the program elevation profile up and down using the SELECTION DIAL.
5. Press STOP and the treadmill stops and moves into waiting start for 5 minutes. You can use the waiting state to save your workout in the console's memory (see "Memory Function"), to display the training summary by pressing the [SELECTION DIAL] or to stop the exercise by pushing the STOP button (long push).
6. The cool-down period will automatically start once you have completed the profile. After the cool-down the treadmill will stop. You can save your workout in the console's memory (see Memory Function).

C. HRC profiles 8-11 are Heart Rate Controlled exercise profiles with different intensity levels that allow you to set the duration of the exercise. The heart rate controlled profiles always require the use of a heart rate belt. If heart rate measurement is not working correctly, the error message CHECK TRANSMITTER will be displayed. You should then make sure that you have properly followed the instructions on the use of the heart rate belt.

1. Select Profile 8-11 by rotating the SELECTION DIAL. Confirm your selection by pressing the SELECTION DIAL.
2. Select the HRC mode with the arrow keys. Press ENTER to confirm your selection.
3. By using the [SELECTION DIAL], first select and confirm training against time or a training distance. Then, select and confirm the desired value. When training against time, you can select a target time between 10 minutes to 3 hours (in 5 minute steps). When training with a pre-set distance, you can select the training distance between 3 km and 42 km (in 1 km steps).
4. Press START. The exercise begins and the belt starts moving.
5. You can scale the profile speed level up and down at 1 % steps using the SELECTION DIAL.
6. Press STOP and the treadmill stops and moves into waiting start for 5 minutes. You can use the waiting state to save your workout in the console's memory (see "Memory Function"), to display the training summary by pressing the [SELECTION DIAL] or to stop the exercise by pushing the STOP button (long push).
7. The cool-down period will automatically start once you have completed the profile. After the cool-down the treadmill will stop. You can save your workout in the console's memory (see Memory Function).

PROFILES

(profile figures are at the back fold of the manual)

PROFILE 1 (Hill Walk). This profile is based on regular changes in elevation, combined with a fairly steady, brisk walking pace. The profile is suited to beginners and active walkers. The default values are preset to an average speed of 5.2 km/h and a top speed of 5.8 km/h, with an average elevation of 2.7%.
PROFILE 2 (Hill Jog). This profile is based on irregular changes in elevation, combined with a fairly steady, light jogging pace. The profile is suited to beginners as well as to those who want to maintain their fitness. The default values are preset to an average speed of 6.9 km/h and a top speed of 7.2 km/h, with an average elevation of 1.9%.
PROFILE 3 (Hill Run). This profile is based on a consistent, low elevation, combined with a brisk running pace with

regular variation. The profile is suited to active runners. The default values are preset to an average speed of 11.6 km/h and a top speed of 12.5 km/h, with an average elevation of 1.8%.
PROFILE 4 (Rolling Hills). A distance profile where you can set the distance to be covered in kilometres. The profile is specifically designed for regular training, but also allows for varied routines in fitness training. The maximum distance is 42 km, with the default value preset to 3 km, adjusting at 1 km steps. The profile features interval type elevation settings, with an average elevation of 2.4%.
PROFILE 5 (Fatburner 1). A heart rate profile with a low level of effort, based on a regular rise and fall in the heart rate. The profile is suited to weight control. The default values are preset to an average heart rate of 114 bpm and a maximum heart rate of 125 bpm.
PROFILE 6 (Fatburner 2). A heart rate profile with a medium level of effort, based on an interval type rise and fall in the heart rate. The profile is suited to fitness training and weight control. The default values are preset to an average heart rate of 122 bpm and a maximum heart rate of 136 bpm.
PROFILE 7 (Cardio). A heart rate profile with a medium level of effort, based on a regular rise and fall in the heart rate. The heart rate level remains at around 130-140 bpm almost throughout the entire exercise. The profile is ideal for fitness training. The default values are preset to an average heart rate of 129 bpm and a maximum heart rate of 145 bpm.
PROFILE 8 (Fit). A heart rate profile with a high level of effort, based on a regular rise and fall in the heart rate. The heart rate level remains at around 135-145 bpm almost throughout the entire exercise. The profile is suited to demanding fitness training and improvement. The default values are preset to an average heart rate of 133 bpm and a maximum heart rate of 150 bpm.

MEMORYEMORY FUNCTION

The Memory function requires the use of a user code: the exercise is saved under the selected user code. You can save 5 exercises under each user code.

SAVINGAVING YOUR OWN PROFILE:

1. You can save preset training once the exercise is completed, or after finishing the exercise by pressing STOP once. Save your exercise by pressing MEM.
2. The display prompts for a memory slot (SAVE AS OWN 1-5). Select the desired memory slot with the SELECTION DIAL and press SELECTION DIAL to confirm your selection: your workout is now saved to the desired slot.
3. If there are no empty memory slots, replace a previous profile with a new one. The display then prompts you to confirm (REPLACE OWN 1-5). Press SELECTION DIAL to confirm your selection: your workout is now saved to the desired slot.
4. SAVED AS OWN 1-5 is displayed to confirm your save.
NOTE! A total of 30 speed or elevation changes can be saved in each profile. To save a profile, you need to exercise for 10 minutes or more.

LOADING YOU OWN PROFILE:

1. Select your user code.
2. Press MEM.
3. Select User Profile 1-5 by rotating the SELECTION DIAL. Confirm your selection by pressing the SELECTION DIAL.
4. Select RERUN to use the profile without adjustments, or RACE to use the profile as a basis for the Race function.
5. By using the [SELECTION DIAL], first select and confirm training against time or a training distance. Then, select and confirm the desired value. When training against time, you can select a target time between 10 minutes to 3 hours (in 5 minute steps). When training with a pre-set distance, you can select the training distance between 3 km and 42 km (in 1 km steps).
6. Press START to begin the profile.
7. The RERUN function allows you to scale your own profile and save the changes.

RACE FUNCTION

To race against a previously saved speed/elevation profile exercise, select RACE in the Own Profile menu. The goal is to complete the profile as fast as possible.

1. Press START. The exercise begins and the belt starts moving.
2. Adjust the speed according to your fitness level either manually or using the PSC function.
3. The console display shows information on profile progress and any changes ahead, and also shows how your performance compares to the previously saved session: when you fall behind your previously saved session, the display will read "YOU ARE x.xx BEHIND". When you are ahead of your previously saved session, the display will read "YOU ARE x.xx AHEAD".
4. Once the profile has been completed, the treadmill will automatically stop. You can save your workout in the console's memory (see Memory Function).

MAINTENANCE

The equipment is safe to use only when periodically maintained and inspected for faults and wear.

CAUTION! Do not attempt any servicing or adjustment other than those described in this manual. Any other servicing must be performed by an authorized service representative. Check the tightness of all fixing screws once a year. Do not overtighten.

CLEANING AND LUBRICATING THE TREADMILL

FAILURE TO LUBRICATE YOUR TREADMILL MAY INVALIDATE THE PRODUCT'S WARRANTY!

Wipe the treadmill surfaces, especially the handlebars and console from dust with a damp cloth or towel. Do not use solvents. Use a small vacuum nozzle to carefully vacuum around all visible components (belt, running deck, side rails etc.).
Also keep the area near the treadmill clean. While in use, the treadmill gathers dust that may cause problems in the operation of the equipment.

In average domestic use (a maximum of 60 minutes a day), you should check the lubrication once a month – however, lubricate the belt only if needed. In more demanding use, the lubrication needs be checked at shorter intervals. This is best done before you begin a training session. Check the lubrication as follows:
1. Ensure the treadmill is powered off! Step on the treadmill

belt .and stand steadily where you normally run on the belt.
2. Take hold of the horizontal handlebar and push the belt with your feet so that it slides back and forth. The belt should move softly and evenly, without a sound.
3. If you notice jerky movement or if the belt will not slide check for lubrication by sliding your hand under the belt.

Lubricate the running deck according to the following instructions:
1. Fold up the running deck and lock it.
2. Cut off the tip of the bottle cap.
3. Position the lubricant bottle between the belt and the board
4. Try to reach the bottle as far into the center of the running belt as possible and point the tip of the bottle towards the running belt.
5. Squeeze the lubricant bottle to dispense half of the bottle.
6. Move the running belt half of a revolution and repeat steps 4 and 5.
7. Fold down the running deck into it's normal position. Use treadmill for your training session or allow the treadmill to run for at least 5 minutes.

ALIGNING THE RUNNING BELT

adjustments as needed. The belt should run in the center of the treadmill. Alignment is not usually needed, provided
• the treadmill is placed on an even, solid and horizontal surface and the belt is correctly tensioned
• the alignment of the belt is correct
It is, however, possible for the belt to be pushed to one side due to the user's running style (e.g. more weight on one foot). The alignment of the belt is adjusted by turning the two bolts at the back of the treadmill.

ALIGN THE BELT ACORDING TO THE FOLOWING INSTRUCTIONS:
1. Turn the power switch on and increase the treadmill's speed to 5 km/h (3 mph).
2. If the belt drifts to the left, turn the left adjustment bolt 1/4 turn clockwise and the right adjustment bolt 1/8 turn anti-clockwise. If the belt drifts to the right, turn the right adjustment bolt 1/4 turn clockwise and the left adjustment bolt ¼ turn anti-clockwise.
3. If the belt remains centered the adjustment is correct. If not, continue to make small adjustments as above until the belt is correctly aligned. If the belt is allowed run across to one side for long periods of time the edges of the belt may be damaged and the treadmill may not continue to operate correctly. Any damage to the belt caused by the lack of necessary adjustment will not be covered by the warranty.

ADJUSTING THE BELT TENSION

The belt must be tensioned if it begins to slip on the rollers. In normal use, however, keep the belt as loose as possible! The belt tension is adjusted by turning the same screws as used for aligning the running belt. If turning the screws will not effect the belt tension, please contact your local Tunturi dealer.

1. Increase the treadmill's speed to 5 km/h (3 mph).
2. Turn both adjustment screws an equal amount, ¼ turn clockwise.
3. Try to slow the belt down by holding onto the handrails and braking as you walk (as if you were walking downhill). If the belt slips, turn another 1/4 turn and repeat the test. When braking heavily the belt may slip. If the belt keeps slipping despite repeated adjustments, please contact your local Tunturi dealer.

MALFUNCTIONS

NOTE! Despite continuous quality control, defects and malfunctions caused by individual components may occur in the equipment. In most cases it's unnecessary to take the whole device in for repair, as it's usually sufficient to replace the defective part. Always give the model, serial number of your equipment and in case of malfunctions also conditions of use, nature of malfunction and any error code.

When you encounter unusual behavior from the treadmill, simply turn the power switch off, wait 1 minute and turn the power switch on to reset the treadmill. This should clear incidental errors and ready the treadmill for normal operation again. If after you have reset the treadmill by turning the power switch off and on again, and the treadmill is still not operational, contact your local Tunturi dealer for service.

If you require spare parts, always give the model, serial number of your equipment and the spare part number for the part you need. The spare part list is at the back of this manual. Use only spare parts mentioned in the spare part list.

ERROR CODES

The user interface will display information about operational faults.

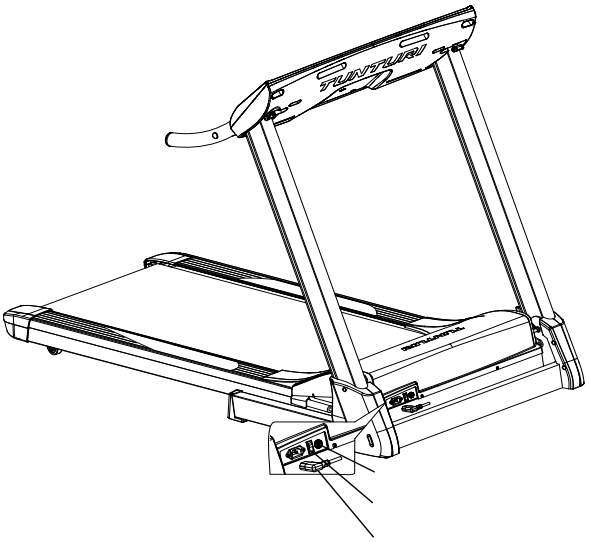
E1: Speed sensor error. Unplug the electrical cord from the wall outlet and from the treadmill, wait 1 minute and turn the power switch on again. If treadmill recovers to normal operation, you may continue to use the treadmill. Otherwise, call the dealer for service.

E6, E7: Lift motor error. Unplug the electrical cord from the wall outlet and from the treadmill, wait 1 minute and turn the power switch on again. If treadmill recovers to normal operation, you may continue to use the treadmill. Otherwise, call the dealer for service.

PROTECTIVE CIRCUIT

The machine will shut off when the electricity load is above the machine's capacity. To restart the machine, please follow the procedure below:

A. Unplug the power cord from the machine's socket.
B. Push in the safety switch.
C. Replug the power cord into the machine's socket.



NOTE! DON'T PUSH IN THE SAFETY SWITCH BEFORE UNPLUGGING THE MACHINE'S POWER CORD.

If you leave the treadmill plugged in after turning off the console, there will still be current running to the console. This treadmill is equipped with a safety control program that will automatically shut down the machine after six hours of no use. In the event of an automatic shut down, please follow the procedure below to restart the treadmill:

A. Unplug the power cord form the machine's socket.

B. Replug the power cord into the machine's socket to restart the machine.

MOVING AND STORAGE

After assembly is complete, you may fold the machine into the upright position for storage. To hold the machine, raise the desk until it locks in to position.

NOTE! Make sure you hear the click sound of the deck locking into position. This is to ensure the deck is locked in place and will not drop back down.

NOTE! Make sure the treadmill's elevation is at 0 before folding the deck. If the elevation is not at 0, folding will damage the mechanism.
First to step on the pedal, second push the frame toward the console then leave the deck lower to the floor.

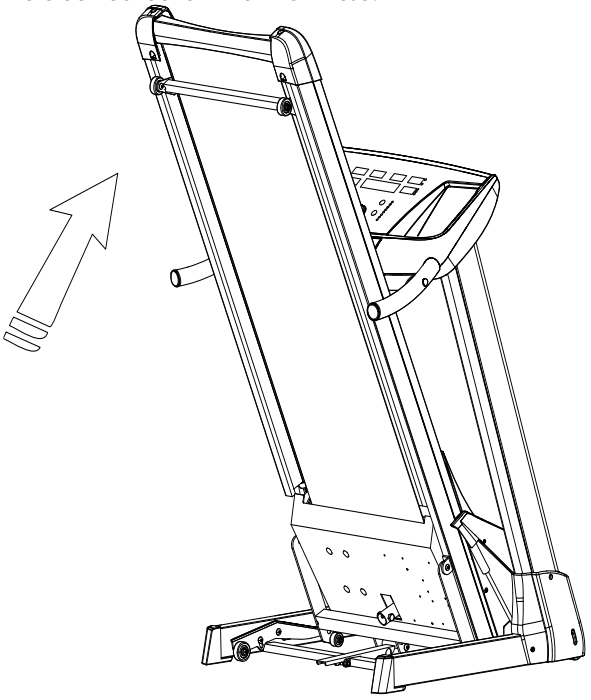
NOTE! This machine has a built-in safety unfolding feature to help the deck lower slowly. Please make sure there are no children or other things under the deck when you lower it.

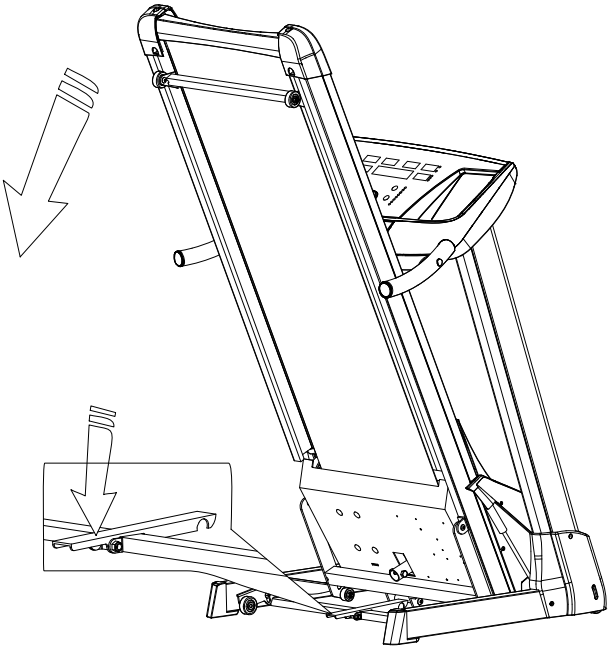
TO MOVE THE TREADMILL

Before moving the T50, be sure the power cord is unplugged from the wall and the treadmill. Fold up the running deck until it is locked and push the equipment on the transportation wheels. Lower the treadmill carefully onto the floor. Hold the handlebar to move forward the treadmill.

NOTE! Transport the treadmill with extreme caution over uneven surfaces, for example over a step. The treadmill should never be transported upstairs using the wheels over the steps, instead it must be carried. We recommend that you use a protective base when transporting the equipment.

NOTE! The running belt needs to be realigned and centered after moving.
To prevent malfunctioning of the treadmill, store it in a dry place with as little temperature variation as possible, protected against dust. Always unplug the treadmill from the electrical outlet when not in use.





TECHNICAL DATA

Length (storage position	197 cm (107 cm)
Height (storage position	137 cm (178 cm)
Width	94 cm
Weight	111 kg
Running surface	51 x 150 cm
Speed	0.8-20.0 km/h
Elevation range	0-12 %

The T50 treadmill meets the requirements of the EU's EMC Directives on electromagnetic compatibility (89/336/EEC) and electrical equipment designed for use within certain voltage limits (73/23/EEC). This product therefore carries the CE label.

The T50 treadmill meets EN precision and safety standards (EN-957).

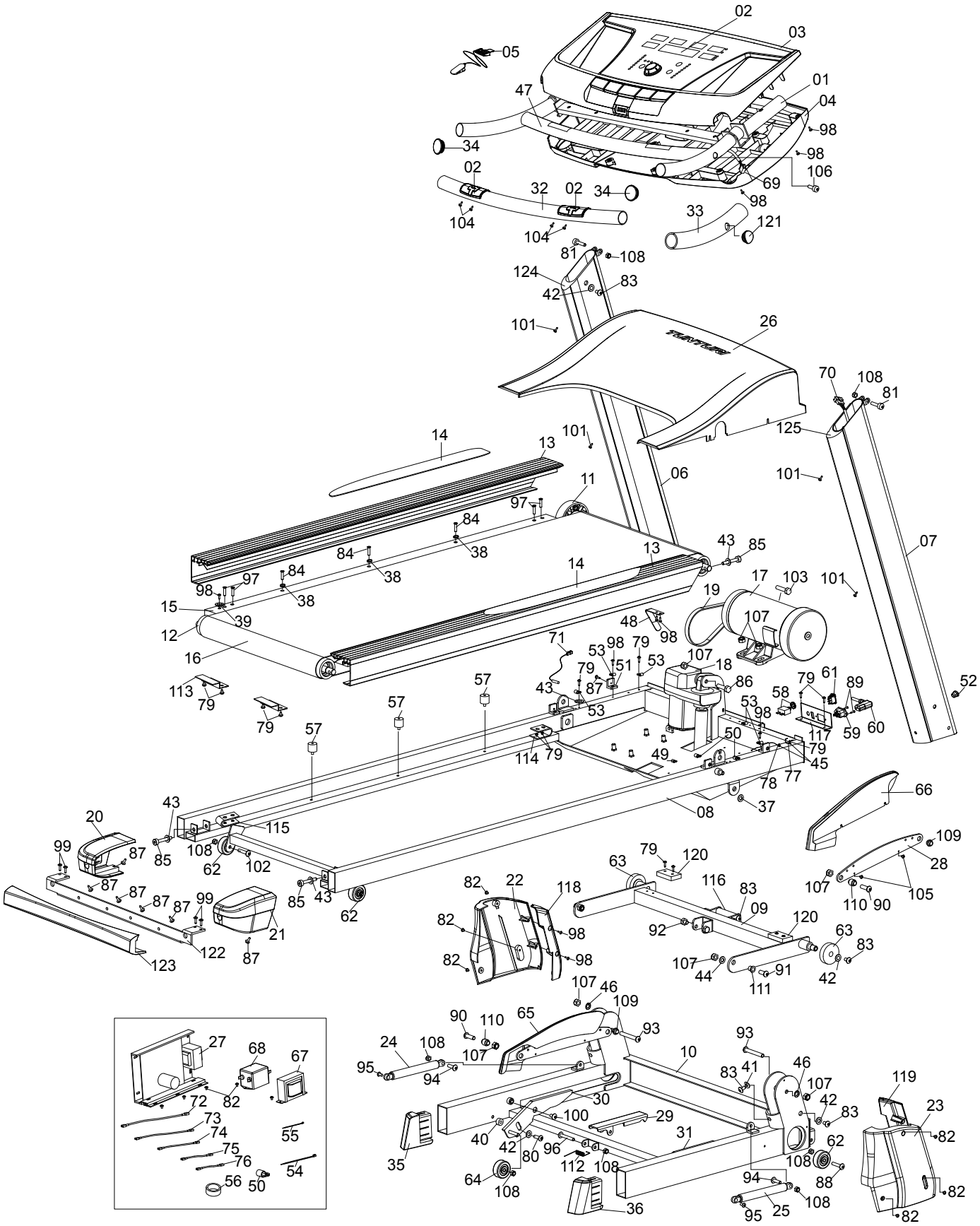
Due to our continuous policy of product development, Tunturi reserves the right to change specifications without notice.
CAUTION! The instructions must be followed carefully in the assembly, use and maintenance of your equipment. The warranty does not cover damage due to negligence of the assembly, adjustment and maintenance instructions described herein. Changes or modifications not expressly approved by Tunturi Oy Ltd will void the user's authority to operate the equipment!

WE WISH YOU MANY ENJOYABLE TRAININGS WITH YOUR NEW TUNTURI TRAINING PARTNER!

From the Heart
TUNTURI
KCAL
HEART RATE
TIME
DISTANCE
KM
MILES
ELEVATION
NEXT SPEED 7.4
SPEED
PACE
KM/H
MPH
MANUAL P1
HRC P2
TEST P3
HILL WALK P4
HILL JOG P5
HILL RUN P6
ROLLING HILLS P7
FAT BURNER P8
PSC
SET
MEM
P9 FAT BURNER
P10 CARDIO
P11 FIT
01 MEMORY
02 MEMORY
03 MEMORY
04 MEMORY
05 MEMORY
ELEVATION
SPEED
START
STOP

T50 EXPLODED VIEW

09TUT50X00



PARTLIST

1	Console base		1
2	User interface	(incl. part 3-4, membrane)	
3	Upper cover		1
4	Lower cover		1
5	Safety key		1
6	Upright tube,	LH	1
7	Upright tube,	RH	1
8	Frame		1
9	Incline structure frame		1
10	Front support frame		1
11	Front roller		1
12	Rear roller		1
13	Side landings,	LH+RH	1
14	Anti-slip mats,	LH+RH	1
15	Running deck		1
16	Running belt		1
17	Motor,	230V	1
	Motor,	110V	1
18	Lift motor,	230V	1
-	Lift motor,	110V	1
19	Drive belt		1
20	Rear end cap,	LH	1
21	Rear end cap,	RH	1
22	Side cover, LH		1
23	Side cover, RH		1
24	Gas spring, LH		1
25	Gas spring, RH		1
26	Motor cover		1
27	Power board,	230V	1
-	Power board,	110V	1
28	Incline bracket		2
29	Locking lever		1
30	Wheel bracket,	LH	1
31	Wheel bracket,	RH	1
32	Horizontal bar grip foam		1
33	Handle grip foam		2
34	End cap		2
35	Front support end cap, LH		1
36	Front support end cap, RH		1
37	Plastic washer 25x14x1,5		2
38	Plastic washer 6x9,3x1,8		6
39	Plastic washer 4,5x9,7		2
40	Plastic washer 19x8x10		2
41	Washer 10x25x1,8		2
42	M8 DIN 125	Washer 8x18x1,5	11
43	M8 DIN 125	Washer 8x16x1,5	4
44	M10 DIN 125	Washer 10x20x2	2
45	M4 DIN 6798J	Star Washer M4	4
46	M10 DIN 6798A	Star Washer M10	2
47	Horizontal bar		1
48	Belt guide		2
49	Wire holder		1
50	Wire holder		2
51	Motor cover bracket		4
52	Through-leading rubber		1
53	Wire holder		5
54	Plastic fixer,	4x200mm	2
55	Plastic fixer,	2,5x100mm	3
56	Ferrite		2
57	Rubber bumper	25x22x6mm	6
58	Overcurrent protector, 10A		1
-	Overcurrent protector, 13A		1
59	Power socket		1
60	Power cable		1
61	ON/OFF Switch		1
62	Wheel 50mm		4
63	Wheel 60mm		2
64	Wheel 50mm		2

65	Incline bracket cover, LH		1
66	Incline bracket cover, RH		1
67	Transformer,	EUR	1
68	Filter, EUR		1
-	Wire set	(incl. 69,70)	
69	Upper wire		1
70	Lower wire		1
71	Speed sensor		1
-	Power wire set	(incl. part 72-76)	
72	Wire 130mm		1
73	Wire 110mm		1
74	Wire 70mm		2
75	Wire 53mm		1
76	Wire 45mm		1
77	Grounding wire 90mm		1
78	Grounding wire 65cm		1
79	4,2x12 DIN 7981	Screw	28
80	M8x25 DIN 912	Hex. socket cap screw	2
81	M8x35 ISO 7380	Screw	2
82	M4x6 DIN 7500 C	Screw	15
83	M8x20 ISO 7380	Hexagon screw	10
84	M6x25 DIN 7991	Count. head screw	6
85	M8x55 DIN 912	Hex. socket cap screw	3
86	M10x40 DIN 931	Screw	1
87	4,2x12 DIN 968	Screw	12
88	M8x40 ISO 7380	Hex. socket cap screw	2
89	3x10 DIN 7982	Screw	2
90	M10x32 ISO 7380	Screw	2
91	M10x25 ISO 7380	Screw	2
92	M10x12 ISO 4032	Screw	2
93	M10x70 DIN 912	Screw	2
94	M8x26 ISO 7380	Hex. socket cap screw	2
95	M6x12 ISO 7380	Screw	2
96	M8x55 ISO 7380	Hex. socket cap screw	1
97	M10x25 DIN 7380	Hex. socket cap screw	8
98	M4x16 ISO 7380	Screw	29
99	M6x20 ISO 7380	Screw	4
100	M8x15 DIN 912	Screw	2
101	M4x18 ISO 7380	Screw	4
102	M8x37 DIN 912	Screw	2
103	M8x55 ISO 4032	Screw	1
104	4x16 DIN 968	Screw	4
105	M4x12 ISO 7380	Screw	4
106	M8x25 DIN 912	Hex. socket cap screw	2
107	M10 DIN 985	Nylock nut	11
108	M8 DIN 985	Locking nut	11
109	Fixing tube		2
110	Fixing tube		2
111	Fixing tube		2
112	Spring		1
113	Z-plate		2
114	Leaf spring, front		2
115	Leaf spring, rear		2
116	Incline structure frame axle		1
117	Switch bracket		1
118	Side inner cover, LH		1
119	Side inner cover, RH		1
120	Bumper		2
121	Horiztonal bar end cap		2
122	Safety bar		1
123	Safety edge		1
124	Upright profile,	LH	1
125	Upright profile,	RH	1
-	Hardware kit		
-	Hand pulse set		
-	Owner's manual		
-	Warranty Booklet		
-	Label set		
-	Membrane set		

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